

## Adult Afterwork Recreation Program Registration for Fall 2010



**Mondays: Bowling: 3:00-5:30pm**  
**Sept 13<sup>th</sup> - Nov 23<sup>rd</sup>: 11 week session: \$165**

Practice motor skills and a little healthy competition amongst friends! Candlepin enthusiasts will meet Group Leader, Kathy Kristoff, in the Baker Kitchen and leave at 3:15pm for the Acton Bowladrome. Participants can track improvement and record their successes with score sheets. Fees cover the cost of the shoe rental and two bowling games.



**Tuesdays: Arts & Crafts: 3:00-4:15pm**  
**Sept 7<sup>th</sup> - Nov 30<sup>th</sup>: 13 week session: \$150**

Artistic individuals join Group Leader, Kathy Kristoff, in the Arts & Crafts Room to create various projects and seasonal items to display or give. Participants will work on weekly items and explore different materials over the course of several sessions; examples include sewing pillows, decoupage, and canvas needlework, as well as traditional fine art mediums.



**Tuesdays: Ballroom Dance: 4:30-5:45pm**  
**Sept 7<sup>th</sup> - Nov 30<sup>th</sup>: 13 week session: \$150**

Please join our new Instructor, Carole Ann Baer, for ballroom dance lessons held in the Arts & Crafts room! This fun class is a great way to get fit while learning simple dance steps to classics such as the Foxtrot, Merengue, or Cha-cha. Please wear loose, comfortable clothing, and sensible shoes.



**Wednesdays: Indoor Sports: 3:00-4:15pm**  
**Sept 8<sup>th</sup> - Nov 24<sup>th</sup>: 12 week session: \$140**

Participants will meet Group Leader, Kathy Kristoff, in the Baker gym to stretch out, warm up, and get ready to play! This group will play a variety of team games such as Volleyball, Basketball, Floor Hockey, and Badminton. Please wear sneakers, bring a bottle of water, and an inhaler (as needed).



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**5:45pm**

**Session: \$140**

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Kathy Kristoff, in the Art Room to create beaded accessories to keep or give as gifts. Participants will create weekly items such as bracelets, key chains, cell phone charms, and zipper pulls. The group will also explore a variety of bead-making methods & materials including: Fimo, clay, and wood.



**Thursdays: Yoga: 3:00-4:15pm**

**Sept 9<sup>th</sup> - Nov 18<sup>th</sup>: 11 week session: \$150**

Omö your way to better physical & mental health. Yoga is beneficial for developing core strength, becoming more flexible, and reducing stress. Instructor, Tonya Salerno, is a licensed Yoga Therapist who specializes in yoga for individuals with disabilities. Participants are welcome to join from a chair or mat.



**Thursdays: Ceramics: 4:30-5:45pm**

**Sept 9<sup>th</sup> - Nov 18<sup>th</sup>: 11 week session: \$150**

Students join Instructor, Diane Sweet, to get creative and learn about proper painting techniques for decorating pottery pieces. Use stencils, stamps, stickers, and paint brushes to bring your piece to life. Once the paint is dry, embellish with additional craft supplies to complete your masterpiece. Pieces are chosen to align with passing holidays and seasons. Artists take pride in creating beautiful gifts for themselves or others.



**Fridays: Chorus: 3:00-4:15pm**

**Sept 10<sup>th</sup> - Dec 17<sup>th</sup>: 14 week session: \$165**

Enthusiastic vocalists are led by choral director, Marsha Martin, in singing a variety of seasonal tunes which are showcased at our 2<sup>nd</sup> annual holiday performance of ãA Charlie Brown Christmasö, held on December 17<sup>th</sup>. This holiday show is free to the public, we invite you to join us!



**Fridays: Board Games: 4:30-5:45pm**

**Sept 10<sup>th</sup> - Dec 10<sup>th</sup>: 13 week session: \$150**

Relax and enjoy the company of others while practicing social skills and sportsmanship. Participants will meet Group Leader, Kathy Kristoff, in the Red Classroom to play a variety of new & classic games such as Disney Bingo, Trouble, Uno, Blink, and Apples-to-Apples. You are also welcome to bring a family favorite to share with others.

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Yes \_\_\_\_ I want to sign up for Arts & Crafts: Tuesdays: 3:00-4:15pm: \$150.00 (13wks)



Yes \_\_\_\_ I want to sign up for Ballroom Dance: Tuesdays: 4:30-5:45pm: \$150.00 (13wks)



Yes \_\_\_\_ I want to sign up for Indoor Sports: Wednesdays: 3:00-4:15pm: \$140.00 (12wks)



Yes \_\_\_\_ I want to sign up for Jewelry: Wednesdays: 4:30-5:45pm: \$140.00 (12wks)



Yes \_\_\_\_ I want to sign up for Yoga: Thursdays: 3:00-4:15pm: \$150.00 (11wks)



Yes \_\_\_\_ I want to sign up for Ceramics: Thursdays: 4:30-5:45pm: \$150.00 (11wks)



Yes \_\_\_\_ I want to sign up for Chorus: Fridays: 3:00-4:15pm: \$165.00 (14wks)

Yes \_\_\_\_ I want to sign up for Board Games: Fridays: 4:30-5:45pm: \$150.00 (13wks)

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Registration, Emergency Fact Sheets, and Payment is expected one week prior to the activity start date and should be coordinated with Darcie Heller, Recreation Director, (978)287-7936 or [dheller@minutemanarc.org](mailto:dheller@minutemanarc.org) Need-based scholarships may be available, please discuss in advance. Please make checks payable to Minute Man Arc for Human Services. There will be no classes held on Labor Day 9/6, Columbus Day 10/11, Thanksgiving 11/25-11/26.

**Last minute cancellations or missed classes will not be refunded.**

Individual's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Total Amount Enclosed: \_\_\_\_\_

Type of Payment (circle choice below):

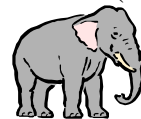
Cash

Check

DDS funding

Please remember your:

- ☐ Recreation Emergency form (annual update)
- ☐ Payment (per session)
- ☐ Registration (per session)
- ☐ Seizure form (if applies)



THANK YOU!

**Administrative Use**

- ☐ Emergency info current
- ☐ Payment (Cash/DDS)  
Check #: \_\_\_\_\_
- ☐ Registration  
Rcvd:     /     /